TECHNICAL INSTRUCTIONS
on how to use
Braster Pro – breast examination system
The process of using Braster Pro for the first time consists of 4 easy steps:

1. Registering online
2. Downloading the mobile app
3. Performing the breast examination
4. Checking the results online
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1. Go to the website **myaccount.braster.eu**

You can choose your language in the upper right corner.
2. Fill in all fields

No account? Sign up

- Name
- Surname
- E-mail address
- Phone number
- Password
- Repeat password

One e-mail address can be used only for one account. The system will not allow you to create another account with the same e-mail address.

The password must consist of at least 8 characters, including at least one capital letter, one number and one special character.
3. In the *Type of account* field select “Braster Pro – for professional use”

4. Select your country and enter the activation code

5. Check the appropriate permissions – the first one is obligatory, others are voluntary

6. Click “Sign up”
7. Go to your mailbox and find an e-mail from “noreply” address
(if you do not see it in your main box, check spam and other folders)

8. To activate your account click this link
9. You will be notified that your account has been activated

10. Click “Log in to your account”
11. If you wish to log in, enter your email address and password and click “Log in”
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Download the Braster Care app

First, download the Braster Care mobile app from the App Store, if you have an iOS operating system, or from Google Play, if you have an Android operating system.

Please note: the Braster Care app does not cooperate with one of the Samsung models - Samsung Galaxy J3 (6) and LG-E610. We are working on a suitable app version.
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Log into the Braster Care app

Enter your login (e-mail address) and password (which are the same as for your individual account at myaccount.braster.eu) and click “Log in”.
Click the “START” button to commence the examination. The patient does not need to undress at this stage.
Enter the examination ID

In the Examination ID field you can enter something that will help you to identify the patient. E.g. it can be her name or a number assigned to her.

Select the patient’s breast size

You will receive a special Braster Breast Size Folder that will help you to select the proper size.

Select the patient’s birth date
Next, you are redirected to the navigation screen where all 5 stages of the process are listed.

- The stage you are currently going through is highlighted. Click the name of the stage to start it.
- The navigation screen will be displayed after each stage.
- Note that you have to go through all the stages of the examination one by one. The app does not let you skip any stage.

"Navigation screen"
STAGE 1 – QUESTIONS

This is a short survey with questions to check whether the patient can be examined with Braster on that particular day.

First, make sure that the temperature in the room is between 20°C and 25°C. This is very important as it may influence the results.
Next, you will have to ask your patient a couple of questions.

All you need to do, is to click “YES” or “NO”.

You can always return to the previous question.
In some questions, it is possible to select the answer from a larger number of options.
Always make sure that the patient answers truthfully, as her answers may affect the reliability of the results.
At this stage you establish a connection between the Braster device and the mobile device. Connecting the Braster device differs slightly for Android and iOS.

- Turn the device on by pressing the ON/OFF button and holding it for about two seconds.
- When the device is ON the battery icon flashes green.
STEP 3

Signal’s name
Password

On the “Connection” screen click “Settings”. Go to the WiFi settings. From the list of WiFi signals select the Braster signal specified on the device label and enter the password (located next to the WiFi name). Return to the Braster Care app.
The app will show you available WiFi signals – select the Braster signal. Enter the password that is located on the device label next to Braster’s WiFi signal name. Click “OK”. The connection will be established automatically.
A message will be displayed that the connection has been established.

Click “Continue” to go to the next step.
The next stage of the examination is a six-minute acclimatization, i.e. regulation and stabilization of breast skin temperature. Acclimatization is key to obtain reliable results.

Ask your patient to undress from the waist up and wait 6 minutes.
Acclimatization takes 6 mins.

Please remember, that during the acclimatization it is best to sit or stand still. If for some reason the patient has to move, make sure that she avoids sudden movements and that neither her hands nor anything else touches any part of her breasts.

During the acclimatization time the patient can read interesting facts about the breasts and health in general prepared by our specialist.

Did you know that...?

Avoid tanning in the sun and in solarium. The UV rays destroy collagen fibres.
At this stage you will select a matrix that will best match with the body temperature of your patient.

The Braster device comes with a set of three matrices. Each of them works in a different range of temperatures. It is crucial to select the matrix that best matches with the body temperature. The right matrix will produce a high-resolution thermographic image that shows best the distribution of temperatures across the breasts. It should be kept in mind that the body temperature is variable and depends on, among other factors, the day of the menstrual cycle, age and metabolism. Therefore you have to select a matrix before each examination.
To select the matrix:

1. **Put matrix No. 2** on the device (the number of the matrix is stated on the plastic frame).
2. When instructed **apply the device centrally to patient’s breast**, making sure that the whole matrix adheres tightly to the body.
3. **Press the grip** (the grey button on the top).
4. When instructed, **release the grip** and **move the device away** from the breast.

*The clicking sound means that the grip has been pressed correctly. Remember to hold the grip pressed as long as the screening is in progress. Do not move the device across the breast, but hold it firmly in one place.*
In case you are instructed to replace a matrix with a different one, follow the instructions below:

**Step 1** Pull the edge of the matrix in the place where there is a notch in the device body. Preferably hold the notch on the matrix with your thumb and support the matrix from below with your other fingers.

**Step 2** Pull the matrix off the device.

**Step 3** Attach the matrix, pushing it parallel to the housing. Preferably hold the notch on the matrix with your thumb and support the matrix from below with your other fingers.
Once the appropriate matrix has been selected, you can start the examination.
STAGE 5 – EXAMINATION

During the examination follow the instructions given by the app.

- Remember, not to apply the device to the breast, until you are instructed.

- When keeping the device out of the breast, make sure that it does not stay in contact with any part of the body nor any other object.
PLEASE REMEMBER!

YOU SHOULD ALWAYS BEGIN THE EXAMINATION WITH THE RIGHT BREAST.
Sending thermograms to the telemedical center

Once the examination is finished please send the thermographic images produced during the examination to the Braster’s Telemedical Center for analysis. To do this you only need to click the “Send” button. The rest is automatically done for you.
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Results

The results are available within a couple of minutes. You can check them at your individual account on myaccount.braster.eu in the tab “Medical results”.

Sample results

Examination summary of: 29.08.2018

Examination ID: wizard

The analysis of the thermographic exam does not show any alarming changes.

You will find more information in the PDF document with full result.

Files:

TMG exam of 29.08.2018 – full result
In some cases the result may require additional verification by our medical experts. In such situations you will be asked to provide additional patient’s data and the results will be available within 48 hours.
Thank you!

www.braster.eu